

DEAD AS A DOOR NAIL

PURITANICAL REFORM CHARGED WITH THE MURDER OF SARATOGA.

Famous Club House Closed, Landlords Mourning the Loss of Thousands, and the Place Deserted.

Special to the Indianapolis Journal.

SARATOGA SPRINGS, N. Y., Aug. 17.—

It is by this time apparent that, so far as

the greatest American watering place is

concerned, municipal reform is not a popu-

lar measure. The hotels here and there

are the largest hotels in the world, and

lost from 25 to 40 per cent. of their usual

patronage, and the falling off is attributed

directly to the adoption of drastic laws

and the appointment of a set of officials

who blindly and rigidly enforce them,

without observing the slightest discrimina-

tion. The rich men who have been in the

habit of coming to Saratoga every year

from all over the country are noticeably

this year by their absence. The race track

has lost close upon \$1,000 a day ever since

the opening of the season, and, for the

first time on record, will not continue its

summer meeting to the end of the term

advertised. Leading horsemen who came

here with their stables and who like to

have their horses in Saratoga for a certain

period each year for the reason that the

climate is advantageous to the racing an-

imals, made it necessary for the track to

close up earlier than ordinarily by giving

notice that their losses would not permit

them to remain. The managers of the rac-

ing association have done everything in

their power to make the meeting a suc-

cess, going so far as to extend the term

of free admission to all ladies of the vil-

lage, residents as well as summer guests.

But of the comparatively few people who

are here a small minority only are ad-

dicted to the pleasures that have been

most fashionable up to this season, and no

inducement has been sufficient to draw

them to the track. The hotels, too, have

strained every nerve to make their estab-

lishments attractive, and they are keenly

hurt by the turn affairs have taken. Mr.

Wooley, who runs the immense Grand

Union Hotel, and is recognized as one of

the leading men of this country in that

branch of commerce, refused point blank

the other day to accept a water cure, and

offered to him to the effect that his busi-

ness this season would fall \$50,000 behind

last year.

As last season was by no means one of

the best recorded by Saratoga in point of

patronage, it will be seen that Mr. Wooley

has reason to believe times are pretty bad

at this resort. It is recalled that a great

Shakespearean festival on the lawn, which

was for the purpose of drawing one thou-

sand people, and was not in any sense suc-

cessful, excepting that the performance was

artificially of very high quality.

The local merchants are complaining bit-

terly of their losses under the new sys-

tem of law enforcement, which they do not

hesitate to say is a disaster to the city.

The most curious point about the condi-

tions here prevailing is that local feeling

is almost unanimously against them and

their projectors. The men who have their

money invested in Saratoga, either in hotel

property or merchandise, are almost to a

unit vehement in their condemnation of the

measuring measures. It is not possible

under the present conditions to be in any

circumstances it would be impossible

for a few men holding official positions to

resist the arguments, appeals, remon-

strances and almost violent threats which

the business men of this city have uttered.

But President Sturgis and his associates

have been absolutely deaf to all that has

been said, and their determination to carry

out the new laws to the letter, no matter

what may happen to Saratoga, is thus far

unshaken.

THE REFORM PRESIDENT.

Mr. Sturgis did say to me, when I inter-

viewed him on the subject a few days ago,

that if, at the end of the season, he

CARING FOR THE HAIR

HOW IT IS LOST, AND THE BEST DRESSINGS AND THEIR VALUE.

Too Much Bread and Biscuit and Too Little Meat Are the Chief Causes of Baldness in Women.

(Copyright, 1905, by Shirley Dare.)

Medicines, which complain of the loss of

graying of your tresses which were so

abundant and admirable at seventeen, I

suspect here is the reason of the defect.

You do not eat enough anyhow to keep

nature in good condition, and that little is

unsatisfactory as it can well be. The food

of the American in cities and villages is

white flour bread and biscuit, and when

the ferment is pushed to the utmost stage

to be unattractive, served in its least tol-

erable form, freshly baked. The supply of

meat is better cooked than it was twenty

years ago before Miss Corson began her

missionary work of reforming the kitchens

and frying pans of the country, but the al-

lowance is less than one-fourth what it

should be to maintain a high condition of

strength in man and beauty in woman. To

these errors of nutrition is added that all

cereals and fruits are served in a slop

of milk, which is as far from meeting the

wants of the human being as so much di-

luted glucose. Few things are more pit-

table than the sight of the ordinary break-

fast, beginning with the oatmeal cooked

about one-sixth as long as it ought to be

and no more fit to eat than pig sticker's

paste, so little palatable that it has to be

washed down with blue milk and sugar.

Then comes the morsel of meat, perhaps

half a dozen mouthfuls of grizzly mutton

chop, and a potato, underdone if baked,

chicken if boiled, and diseased beside. The

"light" raised biscuit, the applesauce, to

carry fermentation into the digestive tract

and this alone is enough cause for the loss

of color and falling of hair and of teeth.

Civilization must choose between its fine

new bread, or its teeth and hair. One or

the other must go.

do not know of any more Christian,

more aesthetic work than bringing back

to the nutrition of the world to a comfort-

able, natural standard. Living must be

simplified and made a great deal better

than it is. There must be more intelli-

gent selection of food, more savory and

refined cookery, more generous service

and less chopping of jellies, beets and

hard-boiled eggs to ornament paltry dishes.

Paper frills and decorations are not

indispensable, but the chops should be

times larger and four times better than

they are, or the next generation will have

no hair to turn gray. I have been count-

ing the heads that went by on a popular

female quarter of the town, and it was pit-

iful to see the gray-haired young women.

They have not all had trouble to make

them gray, but fried potatoes and string

beans, and creamed oysters, and other

food material for good hair. When we get

back to the fare of one-third vegetables,

fruit and cereals, and two-thirds fresh

meats, which the doctors who know all

about it have the temerity to prescribe, we

may know what it is to have hair to be

prudent of and physique to correspond. Then

perhaps there may be a grain of truth in

Mr. Livermore's atrocious assertion that

"nervous prostration is sheer laziness." It

is want of nutrition, begun by mothers

who lived on scraps and "picked-up

dinners," completed by daughters who snatch

slight and hurried lunches between conven-

tion sessions. Such women have no ma-

terial for prolonged effort of mind or body

without breaking down, and their children

do not force enough for the common duties

of life, and they should be fed and cared

for as individuals. The world will get a

good deal of work out of them by giving

them good food. Without it they will be a

worthless burden. You cannot look at the

blue lines under their eyes, and the purple

streak in their lips, and check which run

in their hair, and the hair gray and

lifeless as Spanish moss, without knowing

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